

UofM First-Year Writing Program

CAPster



Katherine Fredlund, Ph.D – Director

Lindsay Helms, Ph.D – Assistant Director

Gabrielle Alston – Graduate Assistant Director



@uofmenglish



memphis.edu/english

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Happenings & Accomplishments

Survey for Panel on Teaching Multilingual Learners

We will have a panel of UofM professors from the Applied Linguistics concentration discussing how to teach multilingual learners for our All CAP meeting in February. We would like to have a section of the panel dedicated to answering questions from TAs and instructors. Please fill out the following [survey](#) with information about your experiences teaching multilingual learners and your questions.

Dr. Martin Luther King Jr. Day – no classes

Monday, January 20th

First Day of the Spring Semester

Tuesday, January 21st

English Honors Colloquium – Dr. Joshua Phillips

“Monasticism’s Afterlives and Early Modern English Literature”

Monday, February 3rd at 4:00pm in PT 456

We want to celebrate you! Please send your upcoming conference presentations, publications, and defenses to Lindsay Helms (lldailey@memphis.edu).

Important Dates for the Beginning of the Semester

Here are some important dates for the beginning of Spring 2025 that you can share with your students:

First Day of Classes

The first day of class for Spring 2025 is Tuesday, January 21st.

Last Day of Registration

The last day that students can add or change classes online is Monday, January 27th.

Final Drop Date

The last day that students can drop a class without a “W” on their transcripts is Monday, February 3rd.

Last Day to Withdraw

The last day to withdraw from classes (with a “W” on their transcripts) is Saturday, April 12th.

Reducing Anxiety in the Classroom

Calen Verbist shared with All CAP on November 12th about how smartphones (and the internet in general) are contributing to an increase in mental health decline for Gen Z. As many of our students belong to this generation, this trend is particularly relevant to our classrooms, specifically how we approach group work and collaboration.

For more information about the mental health decline in Gen Z, check out the book that inspired this presentation, [“The Anxious Generation: How the Great Rewiring of Childhood Is Causing an Epidemic of Mental Illness”](#) by Jonathan Haidt.

For recent data from survey reports on the health of college students, check out the [Spring 2024 Summary](#) from the National Health College Health Association sponsored by the American College Health Association.

During the discussion, some ideas were generated about how to lessen anxiety during group work:

1. Use online collaboration tools like Google Docs
2. Provide time for individual in-class prep before group work
3. Clarify the roles in groups
4. Allow students to work individually if they choose

Reducing Anxiety in the Classroom

Other ideas were aimed at decreasing anxiety overall in the classroom:

1. Leading the class in [mindfulness activities](#)
2. Playing music that the students enjoy as they work
3. Building class community and a positive atmosphere
4. Playing games in the class
5. Assigning reflective free writes
6. Addressing your students by name to build rapport

You can contact the presenter via email at gcvrbist@memphis.edu.

CAP Calendar

January 21:

We will meet briefly in PT 456 before splitting into Cadres

- First Year CAP in Cadres
- Professional CAP in PT 315
- Teaching CAP in Cadres

January 28:

All CAP in PT 456

